

YOUR PASSPORT TO HEALTH NEWSLETTER

April—June 2002

Keeping
Clients
Informed

WHAT'S INSIDE ...

- Buckle Up
- Sports Safety
- Alcohol Awareness Month



Montana Health Choices is operated by MAXIMUS under the direction of the Montana **Department of Public Health and Human Services**.

Safety in the Car

Keeping your children safe

Back seat riders

The back seat is the safest place in a car. Children 12 years old and younger should always ride in the back seat—especially if you have a passenger side airbag.

Child safety seats

Infants should ride in child safety seats **facing the back of the car**. Infants should ride this way until they weight 20 pounds and are one year old. Follow the directions that come with your child's safety seat.

Children ages 1 to 4 (between 20 and 40 pounds) should ride in the back seat in child safety seats **facing the front**.

Booster seats

When children are too big for their

safety seat, they should use a booster seat. The booster seat should make the safety belt fit correctly. Follow the directions that come with your child's booster seat.

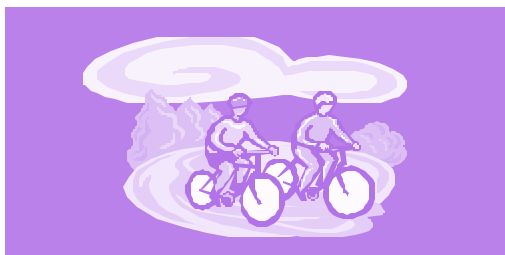
Safety belts

Children should begin using a safety belt as soon as they are too big for a booster seat. A child is too big for a booster if he can sit with his back against the car seat and his knees bent at the edge of the seat (usually at about 9, or around 80 pounds).

And Remember...

When your child is ready to use a safety belt, make sure it is belted low and tight across the upper thighs. **Never** put the shoulder belt under your child's arm or behind your child's back.





Safety and Sports

Did you know sports injuries are the number one reason that kids go to emergency rooms? Here are some tips for your child to keep from getting hurt:

- **Safety gear**—Wear the right clothes and equipment (ask the coach). And make sure it fits.
- **Warm up**—Stretch the right muscles before a game.
- **Watch the coach**—The coach should encourage safe play.
- **If there's pain**—Don't play through pain. See your provider and follow the provider's orders.
- **First Aid**—Make sure there is first aid (and a trained parent or doctor) at all games and practices.
- **Keep sports fun**—Pushing too hard to win can cause your child to get hurt.

How do you know if your child is ready to play a sport?


Your child should be at least six years old to play team sports. Not all six year olds are physically and emotionally ready—make sure your child wants to play and don't push a child who is not ready. Your child has a higher chance of getting hurt if you push your child to play before he or she is ready.

Alcohol Awareness

April is National Alcohol Awareness month. Here are some things to remember about drinking alcohol:

1. **Some people should not drink at all.** People who should not drink are: children, teen-agers, pregnant women, women who may become pregnant, and people taking certain medicines.
2. **Don't drink too much.** No alcohol is best. If you choose to drink women should drink no more than one drink a day, and men should drink no more than two drinks a day.
3. **Do not drink and drive.** You need to be alert when driving. Drinking makes you less alert.

To find out if your drinking is harmful, and for more information about alcohol use, visit this website:
www.alcoholscreening.org.



Look for important information about changes to co-payments with your April 2002 Medicaid card.

Did You Know...



... if you have FULL coverage you are covered for dental? You do not need a referral and can see any dentist who takes Montana Medicaid. You can travel outside of your area to find a dentist. Montana Health Choices does **not** have a list of dentists that take Montana Medicaid.

...if you have a baby you need to call your eligibility worker soon after your baby is born? Your worker will give your baby a temporary Medicaid number. You should give the temporary number to the hospital and the baby's provider so they can bill Medicaid.



Have Questions?

- Do you have questions about coverage while you are on vacation?
- Do you have questions about broken or lost eyeglasses?
- Do you need to know who your PASSPORT Provider is?
- Other questions?

Call Montana Health Choices

We're here to help you!

Thank You

You may have been part of a survey in the past couple of months—if so, "Thank you". We know it takes time away from your day to answer the questions. The surveys help us know what we are doing right and what we need to change.

Important Phone Numbers

Montana Health Choices

General Medicaid Information
PASSPORT Managed Care

1-800-362-8312

Mental Health

(General Information)

1-888-866-0328

Social Security

1-800-772-1213

Children's Health Insurance Plan

1-877-543-7669

PASSPORT To Health
Medicaid Managed Care

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